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"AND I THOUGHT I HAD TROUBLES"



W. J. G. 1915

MONTANA

TIM BABCOCK
GOVERNOR



W. J. G. 1915

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THE M. P. NEWS IS PUBLISHED MONTHLY, BY THE MEN AND WOMEN OF THE MONTANA STATE PRISON, DEER LODGE, MONTANA, WITH THE PERMISSION OF THE WARDEN AND UNDER THE SUPERVISION OF THE DIRECTOR OF EDUCATION. THIS PUBLICATION SERVES TO GIVE THE INMATE AN OPPORTUNITY FOR CREATIVE EXPRESSION AND TO PROMOTE BETTER UNDERSTANDING BETWEEN PRISONERS AND PUBLIC. THE OPINIONS EXPRESSED HEREIN ARE THE WRITERS AND NOT NECESSARILY THOSE OF THE ADMINISTRATION. EXCEPT AS OTHERWISE NOTED, PERMISSION FOR REPUBLICATION OF MATERIAL IS GRANTED. A COPY OF THE REPRODUCTION WOULD BE APPRECIATED. ADDRESS ALL MAIL, SUBSCRIPTION OF CHANGE OF ADDRESS TO: THE EDITOR, M. P. NEWS, BOX 7, DEER LODGE, MONTANA 59722.

A Member of the Penal Press

Volume IX
March-April

Number 5
1968

STIR-TIS-TICS

High Number	22343	Low Number	14550
Population Inside	347	Rothe Hall	161
Woman's Quarters	8	Ranches	13
Misc. Trusties	4	Total Count	533
Speaking Tour	4		

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The Editors' Desk

Norman Ferguson

In looking through a last years copy of, The Stretch. I ran across an article entitled: EX-CONS MAY GET BREAK IN CANADA! Since I am one of many that has great hopes of being an EX-CON someday, I was of course very interested. What follows is a reprint of that article:

A bill has been introduced in the Canadian House of Commons that would provide for the destruction of all criminal records of prisoners 12 years after their release from penal servitude. Supporters of the bill argue that a reformed criminal should have no black mark against his name, and they reason that a dozen years of good behavior are sufficient to prove that he has actually reformed. The suggested suppression of criminal records seems to have won wide nonpartisan support. An exception to the 12 year good behavior period required for a clearing of records would be in the case of young offenders, whose records would be destroyed when they became 21 years of age.

Much of the bill's support stems from a dramatic revelation on television recently of a Canadian Parliament-members past criminal record. Frank Howard, a New Democratic Party member of the Parliament in British Columbia, revealed that he had been convicted of three armed robberies when he was 18 years old and had served 10 months in prison. Now 42, Mr. Howard's frank disclosure came after an attempted effort to blackmail him had been made by a young man who had discovered his secret.

After reading this article A great many thoughts ran through my mind. One of the first things I thought about was something I am almost positive many people who are supporting this bill must have thought about also.

Just what does a criminal record do to a man's life? Exactly what does it mean to the man that has a record? In the first place when a man has a felony record, he immediately has a certain stigma attached to his name that is a definite drag on anything he might attempt to do in his future life. Usually he would not even attempt to obtain the type of job that Mr. Howard holds simply because he would be too afraid of being "found out." Usually a man with a record is relegated to the menial type jobs because of the very fact that he is trying to hide his record. And this very often puts him in a position of dissatisfaction. Especially in the case of a man with a family who knows that he is capable of earning more money of of attaining a greater degree of success. Often in a rash moment, a man does things he normally wouldn't do because of the frustration caused by this curtailment of a worthy pursuit. And here we find a very large factor in the recidivism rare of this country. Because of this feeling of suppression a man often returns to a life of crime and eventually prison.

What effect would a proposal such as the one Canada is introducing have on an individual returning to society after a period of incarceration? First let us look at the Youth offender: Often the crimes that the young committ are a direct result of immaturity. And he must suffer for this record gained in youth for the rest of his adult life. But if he could return to society knowing that once he reached the age of 21 his "Slate" would be wiped clean so to speak, I am sure this would have a very noticable effect on many. It would instill a feeling of confidence to know that he had made a mistake but that if he proved himself it would not be held against him. And in many cases this feeling would be enough, not in all cases but certainly in a great many.

But what of the 2 or 3 time loser. I personally know of a good many cases where men are sick of "doing time" and yet when they are released they have absolutely nothing to look forward too. As I mentioned before they are afraid to apply for a job of any worth because they are afraid of being rejected. (Continued on Page 5)

And it is these very feelings, often unjustified I admit, but feelings which must be coped with, that get a good many into trouble again. I know that many men would be given a new lease on life if they knew that they had a chance to erase this record of theirs by a few years of good behavior.

There are states which have laws that call for the destruction of a young offenders record when he reaches the age of 21. Yet I also know of at least one case where these laws have been ignored. And in this particular case it caused a rebellion which resulted in more trouble for the youth concerned. Laws are made for everyone; they are not respectors of rank or status in life; or at least they should not be!

The idea of a law which would call for the destruction of criminal records should give much food for thought. But I know that it will be received with some apprehension on the part of you - the members of society. My feelings on this are mixed; on one hand - I think it is perfectly feasible and well worth exploring; on the other I can readily see the problems such a law would pose.

One reason that I have chosen this subject to write an Editorial on is not necessarily to especially push a law of this type, but more to show what other people are doing to help the individual who has made a mistake. And who is showing that he is on the right road by leading a normal life. There are a multitude of problems which can only be solved when you, "Society" decide that you wish to do something about them!

Since I have some space left I would like to take the opportunity to express my gratitude to the members of the MP News staff in helping to make the first edition of the MAG that I edited, a success. Special thanks to both Stan Erickson and Curt Drake for their fine work on the Multilith work they have been turning out. Our Photographer is to be congratulated on the fine photos that appeared in last months and this months MP News. - So, Thanks Smokey! As a good many of you know I am also a member of the speaking group - "The Choice is Yours" and because of this I am not always here. And it is reassuring to know that when I am gone I leave the MAG in good hands. And I am referring to the Associate Editor, John Michel. He is to be commended on the fine job he has done. In closing I would like to say thanks to all the correspondents who write articles which contribute a lot to the success of this Magazine. Keep up the good work!

New Books for MSP Library Arrive!

They're really here! 2,000 brand spanking new books, of a wide variety, are now available to all. (who may be able to decipher the book rental code?)

Actually, it's very simple and as long as you have no arithmetical hang ups, like less than a 245 I.Q. you will have no trouble in ciphering this secret code! At the risk of sounding mundane I will attempt to translate.

1. Acquire the catalog from you friendly galley swamper. 2. Skim through the catalog and look at all the swell new books - from Literature, to Mystery novels!

3. Jot down the numbers that coincide with the desired book. (Fiction. Name of book and author; Non Fiction. Number and name of book.) Simple! (?)

New cards for ordering these books are being made forthwith, so for the present we have to make do with the old cards. These books are on LOAN and are to be on a rotating basis. That is as long as we respect, and take care of the ones we now have. It goes without saying, but I'll say it anyway. These books are for our entertainment. If anyone writes in them, tears out any pages, or damages them in anyway, it is we who would be losing out! The Montana State Library Commission will supply us with another 2,000 books in another few months.

So come on guys. Lets not blow a good thing.

This in no way severs our relationship with the Montana State Library, and additional books may still be ordered, in fact it's encouraged!

Our thanks go out to the Montana State Library Commission, and to the Montana State Library, for their concern, and outstanding consideration.

That's all for now. I gotta order some books!

From The Warden's Desk!

The past ten years or so have produced many discussions concerning "Custody and Security" versus "Treatment and Training."

My personal opinion has been influenced by reading a great many articles covering both aspects, by inspection of institutions similar to our own and by personal experiences in the operation of Montana State Prison.

First, I would say that there should not be an over-emphasis on either category. Too much emphasis on custody and security makes it rough on the inmates.

Too much emphasis on treatment and training makes the position of the custody officer untenable.

Certainly neither the officers or the inmate population would condone the return of the old "con boss" "Strong-arm" type of custody that ruled Montana State Prison not too many years ago. By the same token, neither would be happy to return to the days of the "black jack," the "heavy leather whipping post" or the "cat-o-nine tails"

These measures made about as much sense as "making little one's out of big one's."

Somewhere there is a definite point of balance where "Custody and Security" meets with "Treatment and Training." This equalizer I am seeking!

Primarily the courts send an individual to our institution for security purposes. The courts and society in general expect the staff at Montana State Prison to reclaim these individuals and return them to their home communities as an asset instead of a liability!

This is the objective of the present administration. It is a difficult job with our limited staff and facilities

Ed Ellsworth Jr; Warden



FROM THE COLONY: Work release legislation passed!

The legislative proposal to permit outside day work for certain selected inmates sentenced to the State Correctional Institutions at Walpole and Concord, Mass. - Has been signed into law. It is a progressive measure drawn with safeguards and has precedents in several States, the Federal Prison Bureau and in some of the Mass. County Correctional Institutions. The new law means that, for some inmates at least, there will be less institutional confinement, more opportunity to maintain ties with the outside (Particularly with the realty of the world of work,) and a chance to earn enough money to benefit himself, his family and ultimately the taxpayer.

FROM THE BEST SCENE via THE SKYTOWER NEWS:

According to figures released by the National Council on Crime and Delinquency, 80% of all convicted persons can be trusted to remain in society without committing new crimes, if adequate probation services are available for pre-sentence screening and for intensive supervision of rare cases.

FROM THE ECHO via THE FORUM:

The purpose of any therapeutic transaction in a prison is not to treat men confined with SOFT, LOVING KINDNESS, but with consistant FIRMNESS, HONESTY, TRUST, and UNDERSTANDING." States Harry A. Wilmer, Psychiatry Professor, University of California Medical School.

"It ought to be amply clear to society, which it is not, that more stringent, punitive and prolonged imprisonment does not make more reformed men; but more embittered, hardened criminals," The consultant to the California Department of Corrections added.

Wasted Fighting Power



INDIANA STATE PRISON

What began as a Police action, or shall I say, Advisory Force, has inexorably grown to become a full scale war in Viet Nam, and this cannot begin to describe what our commitment over there is going to become when one considers the "AIM!" of the Communistic countries.

"Divide" the Allies, although this is a primary goal. But what I do mean is that they intend to force us to place 100 thousand men on one front, 300 thousand men on another and 500 thousand men on a completely different war front. This is their main goal!

Why should the communists invade American soil when they can just as easily drain this country of the cream of its youth, and also bleed us of materials and money and food by forcing us to supply fighting men on several widely spaced fronts.

Security is gone, yet complacency lingers. And quite frankly complacency at this time in the history of the United States could very well be a fatal luxury. The world is very rapidly being manipulated in the direction of a life or death struggle against powers whose ultimate goal would seem to be World Rulership!

There is one country that stands between "STATE OWNERSHIP" of everything on earth and human freedom and that is the United States and only a bold stand will suffice to stay the advance of Communistic Ideology at this period in history. (continued page 10)

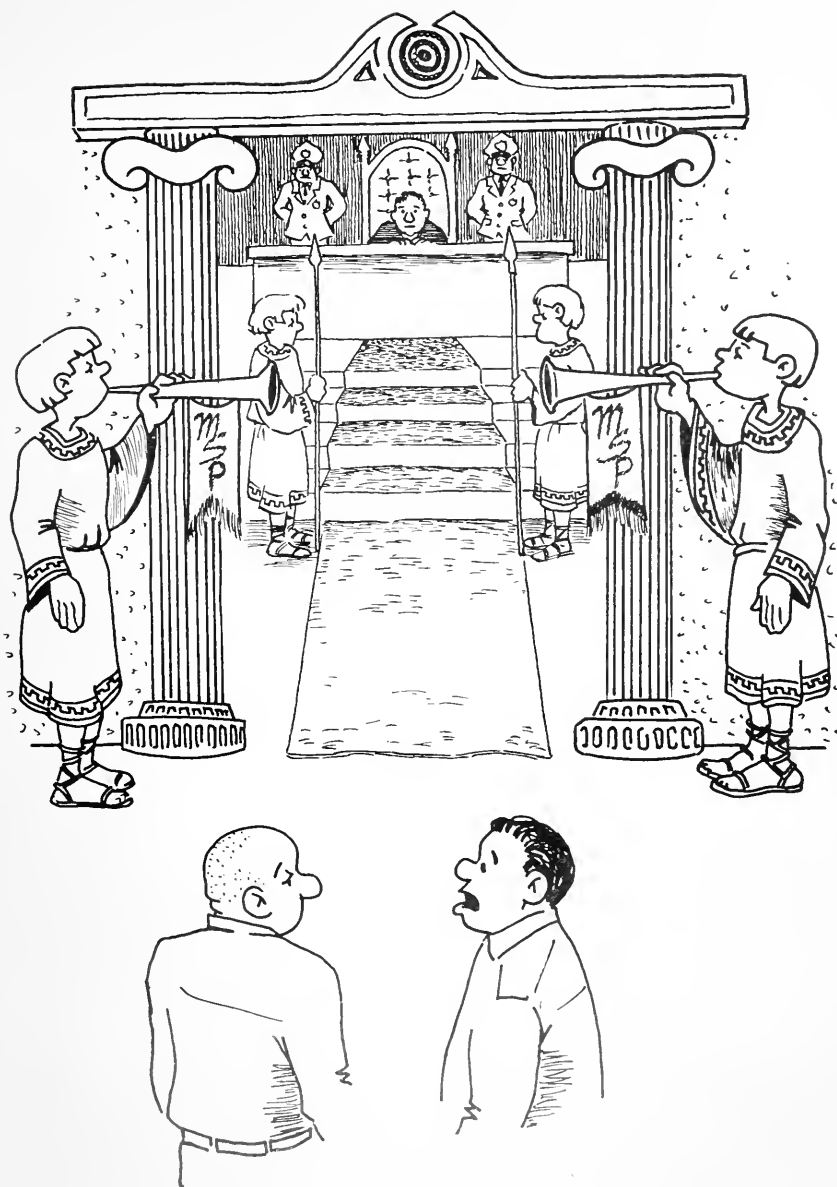
Yes, we do belong in Viet Nam! We do belong in Korea! We belong where ever communistic aggression is occuring. And by "WE" I mean all true Americans. That is why we prison inmates are petitioning our government to allow us the right to fight communism!

We don't care where these communist are. Just give us the opportunity to fight and you can bet your bottom dollar that we will do the job!

We are a motely group of men, some of us have already received bad discharges from a peace-time Army. Some of us are in prison for assault, Burglary, Robbery, car theft, and many other crimes. But one thing we all have in common. The ability and willingness to fight, and even to die.

Fighting and possibly dieing may just be the only way we will truly be able to atone for our crimes. It boils down to this: would you rather expend money, time and men to keep us in prison while your sons are being taken from school and family to fight a war? Or would you rather send convicts and keep at least some of those young men at home? There can be only one answer to the last two questions. Of course there are men incarcerated for crimes that you could not possibly release, but what of the many young men throughout this country who have made a couple of mistakes and are serving time for crimes of a less serious nature? It is this that I call WASTED FIGHTING POWER! All the petitions in the world that come from behind the walls of a prison will probably not sway the Government in their veivs on this subject, but You, the upstanding members of society have ways open to you that can change opinions. To those that may not be convinced that this is such a good idea, I ask you to remember a time about 23 years ago when a group of convicts fought in the 2nd World War. They proved that they were Americans and a lot of them died so that you might enjoy the freedom you have today. How many men must die before we make use of men who want to fight?

In summation let me say this, there are men in prison who would no more burn their draft card than fly to the moon. Yet it is still those individuals that don't want to fight for freedom, those to whom the stars and stripes mean absolutely nothing, those to whom the strains of the Star Spangled Banner do not stir a feeling of pride in country, these are the men you ask to protect your freedom. WAKE UP AMERICA!



"I HEARD THAT THEY REMODELED THE DEPUTY'S OFFICE, BUT THIS IS PREPOSTEROUS."

the GAG BAG



His last will and testament completed, the old man in the oxygen tent fondly told his son that all his wealth, stocks, bonds, bank account and real estate would be his after his death.

"Dad, Dad," whispered the weeping son, his voice emotion-choked, "I can't tell you how grateful I am..... how unworthy I am.....is there.....is there anything I can do for you? Anything at all?"

"Well son," came the feeble reply, "I'd appreciate it very much if you took your foot off the oxygen hose."

The showgirl's rich boyfriend asked whether she would still love him if he lost his money.

"Of course," she said. "I'd miss you, too"

One of the major differences in the two sexes is that a man will get angry and tell you where to go while a woman will just smile and lead you there.

The doctor noticed that the hands of his patient kept shaking during the physical examination. "You drink a lot, don't you?" the doctor asked.

"No, sir," the patient replied, "I spill most of it."

Boss: "You're fired!"

Worker: "Fired? I thought all slaves were sold!"

"What's the matter with your finger?"

"Oh," the man with the bandaged finger replied. "I was downtown getting some cigarettes yesterday and some darned fool stepped on my hand."

A little old lady being examined for jury duty in a small country town was asked if she knew the defense lawyer.

"Yes," she snapped, "He's a crook."

"And the plaintiff's lawyer?"

"Yes," "He's a crook too," she replied.

With that the judge called both lawyers over for a conference. He whispered, "If you ask her if she knows me, I'll fine you for contempt of court!"

Face the Facts: The intoxicated husband had fallen on his way home and cut his face. He knew he must stop the bleeding, so he tiptoed into the bathroom and quietly got to work on the injuries. The next morning his wife accused him of being drunk the night before and when he denied it she said: "Well if you were sober last night, how did all that adhesive tape get on the bathroom mirror?"

Alimony is a system by which, when two people make a mistake, one of them continues to pay for it!

Said the attractive cigar-smoking housewife to her best girl friend, "I got started one night when George came home early and found one burning in the ashtray."

Behind The Walls

by *The Lifer*

A shadowed wall so grey and high,
A lonely cell, a square blue sky,
A tree or two with branches green
Within these walls are never seen!

No busy streets, no laughing crowd,
No child at play so gay and loud;
No greeting smile, no treasure won
When day is o're and work is done.

A lonely cell when night is near,
A tranquil smile, a half-shed tear;
The darkness waits as twilight falls
To hear each prayer, each silent call.

From deep within a lonely soul
So full of cheer in days of old.
In anguish cries, "Oh hear my plea,"
Is this to be my destiny?

Must I be cast in this dark gloom
For one mistake, is this my doom?
O heed my word, you young and free;
Don't wreck you life: don't follow me;
Be strong in fight, be brave in grief;
Be true to God with pure belief;
Be all the things I might have been
Had I not chose this fatal end!

THE HEN-HOUSE

BY Evelyn Olsen

Hello again, here's some more scoope from the Hen House!

There are only 8 Hens left on this side of the street, we had better hang out our "Vacancy" sign. Leona, "Our Sleeping Beauty" has left our "Hen House" to find Prince Charming. Hope she finds him before she goes back to sleep. Heckle (or is it Jeckle?) Marilyn our Mail girl. "What's this???" will know her fate in April instead of September. Will wonders never cease?

Evelyn (Heckle-Jeckle) wouldn't you like to know? Is counting my months, days, hours, minutes, seconds, until my turn comes. Bubbles is studying hard and doing her Laundry in her spare time. And then we have Mary, "Who is looking forward to a long engagement & short marriage % of the buffer & Mop, that is. That's the news for nowHere's our sport report form punchy Pat, so until next month - Bye.....Evelyn Olsen

The Hen House has received four new tumbling mats and we have been boxing in earnest. Ever-ready Evelyn and "Mad" Marilyn think they're two of the toughest contenders. Its a matter of opinion though. Bouncing Bubbles, does such fancy footwork no one can keep her in sight.

Delirious Delores plays it safe - she refuses to take her glasses off! Rambling Ramona can't bring herself to hit anybody so she's my favorite opponent. Me, they call me "Punchy" Pat - not by choice, just by chance!

Marvelous Mary tries her darndest to floor "Ever-ready Evelyn" but it's like putting a mouse (Evelyn) in with a lion (Mary). We haven't decided who should be in the Heavyweight divisions due to lack of scales???

A poor excuse is better than none.

So Long for this month.....Pat Grenmer

Choral Groups Present Programs at M.S.P.

By John Michel

On two very rememberable occations, our drab existance (or more likely = non-existance) inside the walls of the Montana State Prison; was made somewhat brighter by the Auspicious performance of two very dedicated, an in our case, considerate singing groups.....The Chorale, from Eugene, Oregon, and the Ambassador Choir,....(Multnomah-School of the Bible) from Portland, Oregon.

The young men & women of both groups aged 17 through 24, travel as much as 6,000 miles in a single season.

They were chosen from a larger group of singers for each individual group. In participating, they are donating their spring vacation break for these performances! They receive no reward, other than satisfication and maybe a good grade in music & voice classes.

This reporter has to attest to both - satisfication & were I rating them musically - I'd see that both groups received "100+."

This was a first institutional performance for both groups, and needless to say, the entertainment supplied, by the Chorale, and the Ambassador Choir, was a most pleasant diversion from the lonely, everyday life of prison sameness!

What was most surprising to this reporter, was that I thoroughly enjoyed both shows, irregardless of my agnostic aversion for anything religious: I found I was somehow spiritually moved, this I feel was the case with the majority of the men in here!

A most "Hearty thanks" goes out to the men and women of both these groups; and I for one, would like to express my gratitude to Rev. I.M. Nelson, for making these performances possible!



The picture above is of the Chorale, from Eugene, Washington. Rev. I.M. Nelson is the second from the right.



Below is the Ambassador Choir, Multnomah School of the Bible. Who are from Portland, Oregon.



SPORTS HIGHLIGHTS

Cloyce Little Light



CARROLL COLLEGE PRESENTS A SMOKER AT MSP

March 23, 1968 Carroll College came to MSP with their Boxing Team and put on an exhibition for the inmates.

The fighters displayed some real good sportsmanship, and some fine performances in the square ring.

In the first bout of the evening, Greg Frisella, a 137 pound sophomore from Portland, Oregon - lost by a Unanimous decision to Mike Blinn 141 lb. Junior from Butte.

Dan Sullivan 152 lbs. from Mukilteo, Washington defeated Andy Lester 155 lbs. from Butte by a split decision.

Tom Lawrence, a 144 lb. Senior from Kalispell defeated Thad Thomas 138 lbs. from Helena, Montana.

Ed Aegman 163 lbs. from Tempe, Arizona looked like a sure thing as he faced his opponent from Helmville, Mont. Dan Coughlin, a 155 pounder, but Coughlin was a little meaner than he looked and walked away with a split decision.

Bout number five, the one I considered to be the best fight of the night pitted two Montana boys against each other. Hal Nelson 165 from Butte and Dennis Van Auken, 162 from Choteau squared off in this fight with Nelson coming out on top by a hair.

Mike Moch 174 from Edgely, North Dakota walked away with a unanimous decision win over his fellow North Dakotan, Larry Nix from Wibaux, N.D.

Doug Walsh 177 from Lewistown, looked a mite small as he squared off with Rich Torchia 190 from Great Falls, but as the saying goes; "The bigger they are, the harder they fall." In this case, it proved to be a true maxim,

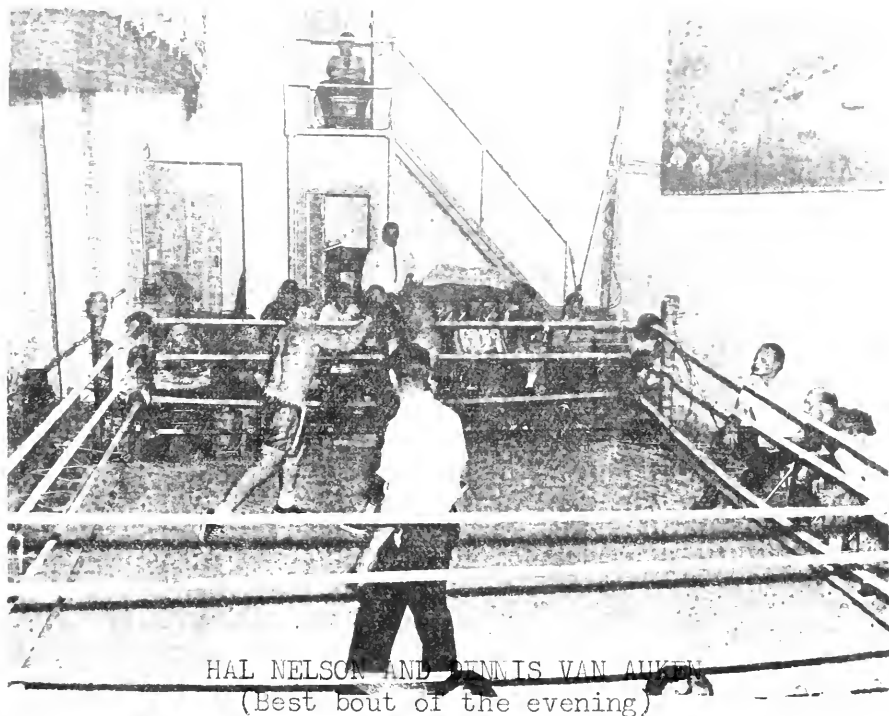
as Walsh worked on Torchia's body and proved to be the more aggressive fighter. Walsh won by a unanimous decision.

Bout Nine saw John Brady 182 from Shawmut, Montana defeat Gene Mallette 178 from Shelby.

Paul Schulte 167 pound Sophomore from Anaconda and Mike McCarthy 160 pound Senior from Helena, Montana put on the final exhibition in this fight card with Schulte winning by a split decision.

One interesting thing about this card was that there were no knock-outs, or TKO'S although one fight had that promising look of a possible KO, (Blood) Wow! Too much in that one! I think that the reason for the absence of KO's is not because of a lack of ability, rather, a fine show of good sportsmanship!

We thank Carroll College for putting on such a fine performance for us. This is the first time I have watched a fight card at MSP where none of us won or lost.





M.S.P. BASKETBALL

By George Yelloweyes

On April 8th, the down town Deer Lodge Cage - hoopers invaded the "All Staters" of the Montana State Prison, and were soundly defeated by the score of 71-33.

Deer Lodge could not cope with the defense, height, and accurate shooting of the Staters. Inside raced to a stunning lead of 22-4 in the first quarter.

The staters continued the dominance of the game and led by 20 points at the half, 34-14. Deer Lodge did not seem to have recovered from the onslaught they received as they failed to gain any momentum on the Staters in the third period. The Staters led at the end of the third period, 48-27.

In the last quarter, the Staters swished in 22 points, and held the invaders 6 points to ice the game at 71-33.

McQuary and Rome were high for Deer Lodge in the scoring with 17 and 12 respectively. For the "All Staters" three men scored in double figures.

Yelloweyes (20) Michel (14) Bain (11)

<u>Name</u>	<u>Points</u>	<u>Name</u>	<u>Height</u>	<u>Points</u>
Rome	8	Van Nuland	6'6"	8
Humble	2	Ducharm	5'10"	6
Finch	1	Wallace	5'11"	6
Nimmo	1	Michel	6'4"	14
McQuary	17	Yelloweyes	5'7"	20
		Bain	5'9"	11
		Tanner	5'11"	2
		Schilling	5'11"	4

Would You Believe?

BY *John Michel*



For many years, scientists have tried to discover how aspirin exerts its remarkable pain-killing ability. Many theories have been advanced; some scientists believed that the chemical acted through the central nervous system while others thought that it was through the adrenal glands. But the normal aspirin dose, after dilution in the body, is so small that it was virtually impossible to discover where the chemical was concentrating. Now the mystery of where it goes has been solved by the use of radioactive tracers. Scientists at Purdue University fed radioactive aspirin to animals, and with Geiger counters, were able to discover where it concentrated. To their amazement, they found that the major concentration of aspirin was not in the nervous system or the glands, but in the LUNGS!!! Instead of learning how aspirin works, they now have another mystery ??????? How can aspirin cure a headache or pain elsewhere in the body through the lungs? The Purdue researchers are going ahead with their studies, confident that they will eventually find the answer. Meanwhile I have a headache

This wry bit of wisdom from Samuel Butler: "All progress is based upon a universal innate desire on the part of every organism to live beyond its income."

When the second man appeared on earth, the rights of the first were cut in half! Now divide yours by the total population, and that explains everything!

Band

Hi

Lites



FINALLY!!!!!! The Pop Band has been enjoying the talents of a fine "First" Alto Saxaphonist! Naturally, some of you who had occasion to be eating in the messhall the last Thursday of March already know who I'm speaking of.

None other than....Noel "Night Train" Williams, who has returned to the helm. (Or should I say fold?) However, at this writing, no one seems to know for just how long he'll be residing with us. For him, we all hope it won't be too long. For the welfare of the Pop Band, we hope forever!!!!

Also new to the music department scene is our present illustrious time keeper on the percussion skins.....Mallet-man supreme.....Richard "Long Tall Sally", "Jump Back In The Alley" Cox. Mr. Cox has accomplished the near impossible feat of stabilizing the meter of both the Pop and Rock Bands. Another new face on the set is..."Fearless" Fred Van Sand, who has the old Hammond Bobin' and leavin' with his current trend ROCK, ROCK, ROCK!!!!!!! However you can catch Fred in a much more subdued manner on Soday Mornings during both church services. "Fearless" Fred is also holding down the Trombone chair in the Pop Band. Oh yes, Fred sings too! Like.....talent man! However, holding down most of the vocal lines around the old auditorium is, (you guessed it) Gene "Useless" (I mean Ulysess) Grant. Yes, he decided, with the help of the Parole Board, to return for our Annual Spring Show. Welcome home Gene! Needless to say, Gene's singing and picking up a storm with the Western Band.

Last of March brought travel time for the Western and Rock Bands. They played for the dance party at the Galen Sanitarium. As usual, a terrific time was had by all. Our participation in these eventful trips is appreciated by, and looked forward to, by all members of the music department! Until Next month keep in tune!!

TIGERTOWN

by

Byron Gallagher

Ectomorph, Mesomorph, and Endomorph are the three body types. The Ectomorph is short, lith and not inclined to gain weight. The Mesomorph is the average body type, medium in height and weight and bone structure. While the Endomorph is characterized by thick chest and heavy-boned build. He is naturally corpulent and is usually taller than average in height.

Body types are an important factor in Heavy Weight training. Endomorphs are naturally suited for contact sports and weight lifting. On the other hand Ectomorphs are more suited to Basketball, Swimming, Etc. due to smaller bone structure and lighter body weight. Yet any type may benefit from weight training. So if you aren't satisfied with your progress, consider those factors.

We are making progress here at M. S. P. Our Athletic Director, Mr. Ronnemose is in the process of distributing more weight lifting equipment.

Don Dixon is still supreme in Squat and the Dead Lift with 475 and 575 lbs. respectively. Lightweight Vic Martell has bench pressed 280 lbs. While heavy weight Byron Gallagher has bench pressed 350 lbs. At 210 lbs. he may fall short of his goal to be the Strongest. Animal, er, arh, (man) in captivity. For he will have to weigh at least 220 lbs. to press 400 lbs. Although with steroid hormones a 500 lb. bench press is a reality.

For example, Randy Matson of Texas A&M increased his power lifts enabling him to set world shotput records at the age of 33. Last but not least our bodybuilders are chisling fine psyiques for the beach and really will look sharp in a suit of clothes!

The Failure of Success

He darted into the building with a practiced movement that would have confounded and startled anyone watching. It was as though the building had jumped at him, swallowing him into its smutty, black interior. Inside, he tensed, listened intently for a moment and then relaxed. He began his ascent to the second floor and safety. He was sure it was timed perfectly. He had cased everything so well. The man should be in the basement now, checking the security of the windows and exits leading out into the alley that ran alongside the back of the building. Using the front door for entry had been a pure stroke of genius. Anyone knows you never use the front door when you want to break into a place. That's why the front door is usually the only one left open. Now, it would simply be a matter of remaining silent until the man left and then he would have the entire building to himself, unmolested. It had been too easy. He smiled within himself, with satisfaction as he mentally ticked off another half dozen simular capers within the city that awaited his pleasure. Moving swiftly, he reached the second floor landing and froze. Someone was on the floor with him. He sensed it and years of training in these matters led him to trust his instincts. He swore silently at himself. He had let the man gain the second floor on him and his eyes were already accustomed to the dark. He knew his adversary would be armed. He had planned the whole thing too well not to know. It only took his years of training in survival a second to make the decision. He hurtled upwards

towards the third and final floor of the building. As he changed floors his hand brushed something cold and hard and the silence of the darkness shattered with the informing sound of metal chain against metal post.

Now he had really done it! Each man knew where the other was for sure. He would only have a few seconds before the man would be on the floor with him, gun drawn and ready and he intended to use these few seconds well!

Running, he passed along the carpeted passages, in and out of a maze of seats and his fingers acted as guide, trailing along the cold stone walls until he found what he sought, an exit. Now all he had to do was throw himself against the doors and as they burst open silhouetting his outline against the night, spring back inside the shadows of the walls, thus creating the very effective illusion of a body thrusting outwards in escape.

Then he would quietly return to the first floor landing, leaving his enemy chasing an illusive phantom! The man's muffled steps, taking the stairs two at a time caused him to pause only slightly in order to time the man's appearance with his escape.

He threw his body forward. Instead of forward he was thrown rudely backwards as the entire building clamoured with the sound of the unyielding echo of a chained doorway. A flashlight cut through the darkness, pinning him against the wall, defeating him. A snub nosed automatic rode beside the flashlight as it came towards him at a sure, steady gait. Then the voice spoke, "OK Weisenheimer, downstairs and make it fast." He knew what would happen now. He had gambled and lost and now he admitted that he had known all along it wouldn't work. They reached the first floor landing and the hand holding the automatic reached out and pushed the front door open.

Again the voice spoke, "OK Wino, outside, find yourself another theatre to sleep in." The door slammed behind him as he trudged off looking for a new warmth.

Mr. David Maurice Wilson
Born 11-2-22 Died 3-31-68
Survived by wife and four sons
Started work in this institution
8-24-59 was Recreational Director
until he became the Industries Foreman



Reporter Masquerades as Ex-Con Just Released From Prison!

With \$25 in his pockets

By Robert D. Allen
Reprint from the Pillar
St. Cloud, Minn.

Most people, it seems don't recognize an ex-convicts dress-out suit. But it's a dead giveaway for two classes - Policemen and ex-convicts themselves!

I guess that's why the man in the next booth struck up a conversation with me as I sat drinking a cup of coffee in Tahlequa. I had little money left to buy anything else after only three days out of prison.

"When did you get out, bud?" he inquired. I considered disclosing my act, explaining that I was a reporter posing as a released state penitentiary inmate to learn how far I could stretch \$25 before getting a job.

Instead, I merely said, "I don't get you. I just got off a bus." The stranger gave me one of those know-it-all looks, then said: "Don't kid me mister, I know a fish when I see one. Those clothes are like carrying a flag, I had them on once myself." (fish is a common-prison term for a newly arrived inmate.)

Few others paid any attention to how I was dressed, Khaki shirt and trousers with a corduroy jacket. I decided to be sociable and invite the man to bring his beer and sit at my booth. Perhaps it's natural for convicts to get together and talk shop. I started with the line I had been using from the moment I walked out of the prison at McAlester. The story was the same one I had repeated for three days as I made the rounds of business houses in Muskogee and Tahlequah seeking employment.

It was the story I told people of the state employment office, and also to the police when they recognized my dress and questioned me. Only a few knew that I was testing how far \$25 in cash would carry a man just out of prison. This is the discharge pay proposed in legislation already approved by the house and awaiting senate action. Released convicts now are assured only \$5.

The man sitting across the table listened as I told

him of being sent up on a burglary conviction. I told him I wasn't paroled, but "flattened my time. This is a common penal term for serving out a sentence. For 20 or 30 minutes we talked of prison life, being "racked on" (disciplinary action inside the walls,) the problems of readjusting to society, and the discouragement of watching your money dwindle as you search for a job.

I told him I hadn't had much luck, except for a 75-cents-an-hour job offer, which I turned down.

He said I should have taken it, pointing out he went to work for \$4 a day when he was first released. He agreed, however, that I should take some of the money and purchase a white shirt to aid my appearance while looking for a job. Later I followed his advice and bought a white shirt too tight in the neck for 60 cents off a rummage sale rack. I decided on a change of scenery and rode a bus to Tahlequah. Like in Muskogee, most of the people in Tahlequah appeared sympathetic, but I didn't get a job. I walked what seemed like miles, wasted my time peering into shop windows and finally came to a point where I actually felt a bitterness toward prospective employers who kept shaking their heads at me.

Then I recalled a sign that reads: "A man can fail many times, but he isn't a failure until he begins to blame someone else."

If you don't let your pride get the best of you there is also help for the man "down and out" A Tahlequah rescue mission offered me a bed. If I got a job, I could pay something for the lodging, a woman attendant told me otherwise, I was welcome free.

The Salvation Army assured me I could come there and get nourishing meals nothing fancy, but sufficient.

A local minister also offered to try to help me, suggesting several summer jobs might be opening up.

Generally, wherever I went people were sympathetic and encouraging. If I was looked down upon as an ex-convict it wasn't obvious.

In a three-day rundown of my expenditures, there are ways I see now where I might have saved, perhaps I was too extravagant in the early stages of my release, but I grew more conservative as time went on. (cont.)

the prison had issued me one pair of socks. I bought a second pair for 49 cents and spent \$1.38 on toilet articles to help keep up my appearance. Then, there was the 60-cent shirt. I smoked too much, spending \$1.40 on cigarettes during the three days.

I also consumed seven cups of coffee at 70 cents, and lived one night in a \$7.50 motel room (luxury living on the first night out) before graduating down to a dreary upstairs quarters for \$1.50.

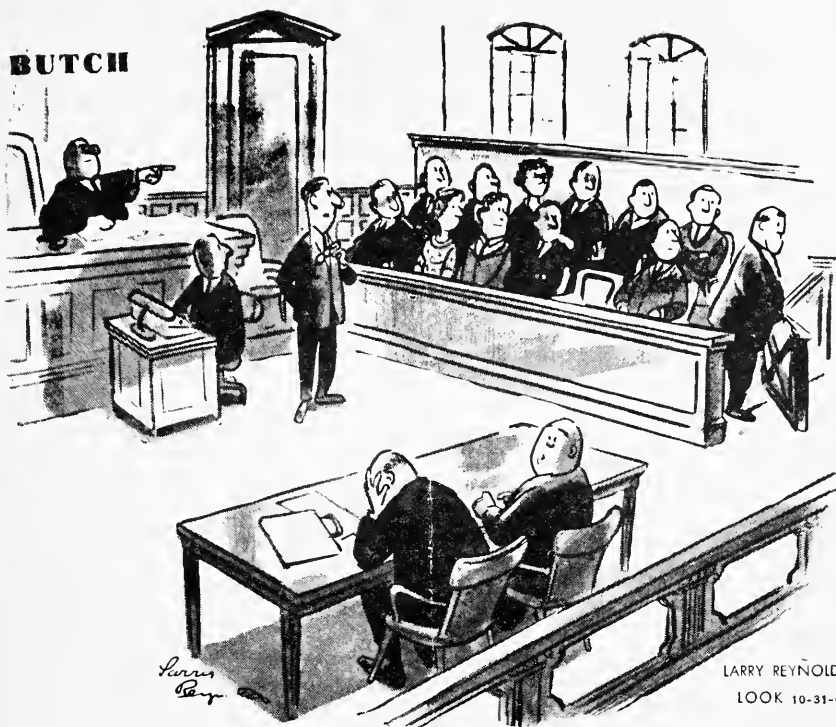
Except for a big steak on the first night, I cut down on my eating too. My breakfast bill totaled 95 cents, my lunches \$2.80 and supper for the three days reached \$5.42. After 80 cents for taxi fare, and \$1.28 for a bus ride from Muskogee to Tahlequah, I had spent \$24.92, out of the \$25. And eight cents won't take you very far!

With me, I am going back to being a reporter. But the plight of the real ex-convict could be bleak. He could succumb to temptations and revert to his old ways of life which in all probability would carry him back to the State Penitentiary. That happens to many of them.

A recent survey shows that 49.99 percent of the inmates released come back for another term. A shortage of money in the ex-convicts pockets could be to blame!

Editor's note: It seems ironic to me that people can be aware of a situation such as the one you have just finished reading about. And yet fail to do anything to remedy the situation. I think that this reiterates what I have written about public apathy in past articles. People sometimes attempt to whitewash these situations by exclaiming "He put himself in a position to suffer, so why should I care?" But, it makes for more sense to me to want to do everything possible to insure that once a man is released from prison; ONCE HE HAS PAID HIS DEBT TO SOCIETY; that he becomes a useful, working member of that society. I salute you Mr. Allen, not so much for what you did, 'but' for caring enough to want to do it!

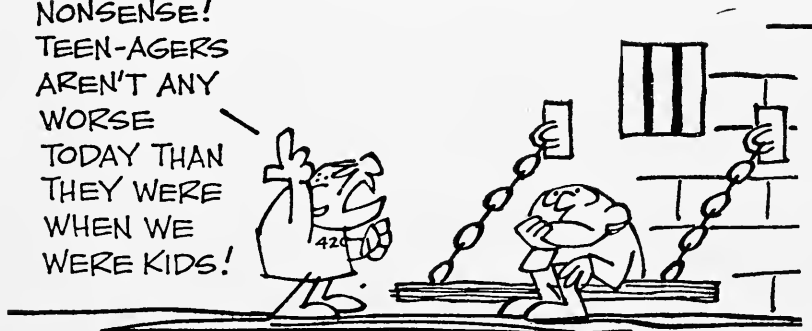
BUTCH



*"What was wrong with that? Uncle Charlie and I always say
'Hi' to each other."*

the small society

**NONSENSE!
TEEN-AGERS
AREN'T ANY
WORSE
TODAY THAN
THEY WERE
WHEN WE
WERE KIDS!**



The Choice isn't only Theirs

By John Michel

This appropriate, yet simple title, conveys deep and possibly, hidden meaning. Hidden within ourselves!

For who among us, is willing to admit that they are entirely to blame for whatever shortcomings befall them?

In hearing the words - "The Choice is Yours" one tends to misinterpret them to mean - The Choice is Theirs. It sounds good, but what has that got to do with me?

Where I to regress, and go back to My High School days I can easily recall my parents trying, (in vain I might add) to wake me up to the cold facts of life. I didn't want to listen to them, because I felt that I had - - So much time ahead of me for the serious, and Oh, so dull tasks of life. Such as studying, and preparing for the future. "Plenty of time for that," I wanted to enjoy myself now. This gross lack of sight, not being able to see the "Forest for the Trees" - is what so many of us are guilty of. Nothing bad can happen to me! It's always the other guy!

What these four men are doing, takes a great deal of courage, and yes, humility. Because they are going out, and admitting to others, what is so very hard, to admit even to ourselves. That they were wrong! That they weren't so sharp! This in itself is auspicious, for it's hard, yet it's the first major step one has to take.....

"Man is only true to himself, when he surpasses the limitations inherent in his nature, and only in a planned society, may he surpass these limitations, through the necessary planning for a future!"

To date: The Choice is Yours program, has reached 24, 849 students. Spoken at 61 appearances as of April 4th. They have traveled 4,200 miles and they have 72 more appearances scheduled for the remainder of April.

I for one, am proud of what these four men are doing!

FOSTER PARENTS



Dear Foster Parent

Firstly, please allow me to express my appreciation for your
estimating to me. I am very grateful to you for your help.

As for the problem of the money, I am very grateful to you for your help. I am
at the University of the State of Argentina, and I am having a great time. I am
a problem. The money is very important for me. I am very grateful to you for your help.
I am very grateful to you for your help. I am very grateful to you for your help.
I am very grateful to you for your help. I am very grateful to you for your help.
I am very grateful to you for your help. I am very grateful to you for your help.
I am very grateful to you for your help. I am very grateful to you for your help.
I am very grateful to you for your help. I am very grateful to you for your help.

It is a great pleasure of mine to come in the place
like the State of Argentina. That is my decision. I am
sorry because like people like me that is an impossible.

I hope you will understand my situation towards this. I
am very glad that you will be able to receive my message.

Last month of January I received 2 quates of rice, one
bottle of medicine and the money that costs P 27.40 (\$7.00)
so I close this letter w/a/ sincere regards to you
family and the shower of Almighty God be with you.

Sincerely yours
Teresita Estacio

Research Program

Only eitht volunteers are being used but the first research study is underway. Many men have volunteered for participation in the research program and part of them will not have long to wait because the second study involving 48 volunteers will start about April 13th.

Whole blood (10 day) donations to the Red Cross will not be affected in any manner. All men involved in the study program who have been giving regular blood donations will be allowed to volunteer for the regular Red Cross blood drawing.

Some of the men who have volunteered for research will have to wait until a later date to be considered for active participation due to age or health reasons.

At present, no one under 21 or over 60 years will be selected, however, their names will be kept in our files for possible participation later on.

Volunteers for Research Program: From the Warden

In answer to your questions: No, it would not be possible to receive good time for taking part as a volunteer in the Drug Research Program. Obtaining approval for the ten days good time for each pint of blood is still being discussed by some legislators who opposed the bill.

If anyone is starting a rumor to the effect that these expiriments may be injurious to one health he is way off base, any drug adminislerel at Montana State Prison has already been tested on both animals and humans!

Dr. Moore is testing for toxicity and tollerance only, not danger to the health.

If an inmate is eliminated from a research program because of a disciplinary, he loses all compensation.

If an inmate is eliminated from a research program for any other reason he will receive everything earned up to the day he is dropped - these eliminations could be for the "Benefit of the Institution, Health, unexpected-Parole, etc."

Ed Ellsworth Jr.,
Warden

I don't think
my girlfriend, Mabel
likes me any more..



It's a terrible thing to
discover that your girlfriend
doesn't like you anymore...



She doesn't write me the
way she used to...she doesn't
even write me at all.....



It's like having your
subscription to the MP
News run out.....



M.P. News ¹² Issues \$ **2.00**
Enclosed Find \$ _____
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Name _____
Address _____

Due to operational costs, and an
Euridicial upgrading of the MP News,
and staff; the subscription price
for our Illustrious, Informative,
and provocative, Ragsheet will also
be upgraded.....to \$2.00.



Good grief!



LA BARGE JAYCEES

COMMUNITY BETTERMENT

THROUGH

PROJECTS AND ACTIVITIES

MONTANA



On March 25, 1948 the La Barge Jaycee's held their twelfth Debate meet. Their contestants were the Missoula Jaycee's. The Captain of the Missoula team was Jack Selway; Captain for the LaBarge Jaycee's was Buster Merran. The two captains finally decided to talk about the President of the United States, some of his good points, and some of his bad points. Both sides came up with very good points and it turned out to be a hard decision as to who was the better team. It was finally decided that the La Barge Jaycees won as far as team points were concerned, but Jack Selway won the first place certificate award. Second place went to Fred Van Sands, with the third place going to Norman Ferguson.

The judges for the Debate were four Jaycee members who came in from the Deer Lodge Chapter as guests.

The award certificates were made out by our fine artist John Ballenger, who is very dedicated to his work and does a wonderful job.

We have another debate meet scheduled for the 27th day of May. It is scheduled with Deer Lodge Jaycees and the Judges for this meet will be four members from the Missoula Jaycee's.

On the 22nd of April we have invited the Superintendent of the Montana Highway Patrol to come in and give us a talk on "Community Health and Safety" He has accepted and will be here with a movie plus, what promises to be a good talk. So until that time, take care, and come on up and see what its like to be a Jaycee!



BROTHERHOOD

MAN THAT'S REALLY LIVING

Box 7

Deer Lodge, Montana

A wealthy Texan once had a will drawn up in which he specified that when he died he wanted to be buried in the most luxurious Cadillac available.

Then one day he died. His family carried out his wish. They purchased the latest model of Cadillac, laid the remains of the late millionaire inside, and drove the car to the cemetery, where a huge hole had been dug for it. Two attendants stood wide-eyed nearby. Said one, "Just think of being buried in a Cadillac!" The other replied, "Man that's really living!"

Have you ever wondered how people live their lives? According to one set of statistics the average American who lives to seventy years of age sleeps twenty-three years of his life and works nineteen. Nine years are taken up by amusement or recreation, six years in eating and six years in traveling. He will be ill four years, spend two years dressing and devote only one year to religion.

How do you spend your time? Perhaps to those individuals who are only eking out a drab, empty existence idling away the hours reflecting dissatisfaction and unhappiness, that a mortuary sign in Canada was addressed: -

Why go around half dead, when we can bury you for \$35? Jesus explained his mission to this earth in these words, "I am come that they might have life, and that they might have it more abundantly." John 10:10

For the fun of it, sometime, go to your concordance and see how many texts you can find that use the word "JOY" in connection with Christian living. Jot down the numbers, Then read the text. This more than anything will give you reason to "Live it up."

Excitement in living comes only when we forget self, and put the emphasis upon God and upon those about us.

The difference in an average life and a successful life lies in the minutes of opportunity and how they are used.

Make each moment count; allow it to work for you! Forget yesterday! Tomorrow isn't your! Today is! Enjoy it to the full!

Mount Powell Toastmasters Gavel Club 141



Jim Wells

Since last month, there has been two changes in officers: The President, is Lawrence Morran, and the new Administrative Vice-President is Jim Wells. Good luck men!

Our regular elections will be held the first week in April, and the club will adjourn for three months, the first week in July. Mount Powell Toastmasters Gavel Club #141 will reconvene the last week in September, with an election the following week.

Mount Powell Toastmasters Gavel Club #141 has been trying to get outside Toastmaster Clubs to visit us, and give us a few pointers, but so far we haven't had any luck.

We ordered Gavel Club pins on March 13th, and they should arrive by the time we hold our elections in April so they can be handed out to the members.

At the time of this writing, the membership roll has twenty-two names on it, with two applicants, which will be admitted into the club within the next two or three weeks, giving us a total of twenty-four members.

Again I say to the outside Toastmasters, "Please-come to our Tuesday Night meetings and give us your help so we can learn the proper procedure."

PEN TALK

by Clay Hughes

②



③



④



⑤



**BOX 7
DEER LODGE
MONTANA 59722**

TO

MRS. RUTH LONGWORTH
Montana State Library Commission
930 E. Lyndale Avenue
Helena, Montana 59601